

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <b><u>SPECIAL MEAL</u></b> <b>FEB. 12</b> <b>PRIME RIB</b> <b>BAKED POTATOES</b> <b>GREEN BEAN</b> <b>CASSEROLE</b> <b>CHERRY PIE</b> <b>(301-600-1048)</b>	<b>2</b> 9:30-S.Training 11:00-M&M Exercise 12:30- <u>Blotter Bingo</u> 1:00-Open Studio  Groundhog Day	<b>3</b> 10:00-Blood Pressure 10:00-Mobile I&A 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	<b>4</b> 9:00- S.Training 10:00-Rummikub 10:15-English/Spanish 11:00-M&M Exercise 12:30- <u>"Allergies"</u> 12:30-Bridge/Pinoch. 12:30-Zumba Gold* 1:30-Line Dancing* Fu Shiava	<b>5</b> 9:00-Quilting 9:00-Chinese/English 11:00-S.Training 11:00- <u>"Whole Grains"/</u> Deb 12:15-Chair Yoga* 12:30- <u>"Whole Grains"/</u> Kitty 1:30-Knitting 1:30-Tai Chi*	<b>6</b> 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*	<b>7</b> <b><u>"There's A Doctor in The House"-Feb. 4</u></b> Capital Women's Care <b><u>"Breast Cancer"</u></b> Light dinner at 5:00- \$5.00, reservations required, meal and/or program-301-600-1048
<b>8</b> FriendShipCafe Light fare in a friendly atmosphere for all ages Wed.&Thurs-11:00- 12:00/12:30-1:00 Friday-11:00-1:00	<b>9</b> 9:30-S.Training 11:00-M&M Exercise 12:30- <u>Music with</u> <u>George Kleinspehn</u> 1:00-Open Studio	<b>10</b> 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	<b>11</b> 9:00-S.Training 10:00-Rummikub 10:15-English/Spanish 11:00-M&M Exercise 12:30-Bridge/Pinochle 12:30-Zumba Gold* 1:30-Line Dancing*	<b>12</b> 9:00-Quilting 9:00-Chinese/English 11:00-S.Training 12:30- <u>Garden Therapy</u> 1:00-Bookmobile 1:30-Tai Chi*	<b>13</b> 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*	<b>14</b> Coming!!!!!! <b><u>"Getting Things in</u></b> <b><u>Order-Before and</u></b> <b><u>After"</u></b> Stauffers/David Wyngate, Elder Law Attorney <b><u>MARCH 4-5:00pm</u></b> Valentine's Day
<b>15</b> Everyone who enters the Frederick Senior Center needs to use a key card for attendance, if you do not have one, see Linda to have one issued to you	<b>16</b> 9:30-S.Training 10:00-12:00-Grands Doing Things Together 11:00-M&M Exercise 12:30- <u>W. of Fortune</u> 1:00-Open Studio  Presidents' Day (US)	<b>17</b> 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>  Mardi Gras	<b>18</b> 9:00-S.Training 10:00-Rummikub 10:15-Comp. Dis. Group 10:15-English/Spanish 11:00-M&M Exercise 12:30-Bridge/Pinochle 12:30-Zumba Gold* 1:30-Line Dancing*	<b>19</b> 9:00-Quilting 9:00-Chinese/English 11:00-S.Training 12:30- <u>"Exercising</u> <u>Your Brain"/Steve</u> 1:30-Knitting 1:30-Tai Chi* Chinese New Year	<b>20</b> 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*	<b>21</b> Weather Related <u>Guidelines:</u> If schools are closed, the facility is open but ALL classes and meal program are cancelled! If schools are late, the Center is open and on time.
<b>22</b> Scheduled on Mondays 1:00 <u>Open Studio</u> A class where you bring your own supplies to paint and draw with others who have the same interest in Art	<b>23</b> 9:30-S.Training 11:00-M&M Exercise 12:30- <u>Music with</u> <u>Pete Baugher/Betty</u> 1:00-Open Studio	<b>24</b> 11:00-S.Training 12:00-Mah Jongg 12:15-Chair Yoga* 12:35- <u>Bingo</u>	<b>25</b> 9:00-S.Training 10:00-Rummikub 10:15-English/Spanish 11:00-M&M Exercise 12:30-Bridge/Pinochle 12:30-Zumba Gold* 1:30-Line Dancing*	<b>26</b> 9:00-Quilting 9:00-Chinese/English 11:00-S.Training 12:30- <u>"Conserving</u> <u>Your Energy"/Jenna</u> 1:00-Bookmobile 1:30-Tai Chi*	<b>27</b> 9:30-S.Training 11:00-M&M Exercise 12:30-Canasta 12:30-Zumba Gold*	<b>28</b> <b><u>"CABIN FEVER DAY"</u></b>  <b><u>FRIDAY-Feb. 27</u></b> <b><u>10:00-2:00pm</u></b> LOOK FOR DETAILS



# February 2015

## FREDERICK SENIOR CENTER

